

MAY | 2019

Salad Menu



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

29 ***The Numbers reflect the carb count for each meal.
1 carb count = 15g of carbohydrates

6 Asian Sesame Ginger
Cherry Tomatoes
Banana
Saltine Crackers
Sesame Ginger Dressing
6

13 Apple Almond Salad
Carrot and
Celery Sticks
Roll
5

20 Loaded Spinach
Pears
Rye Bread
Banana
Fat Free French
6

27 AgeWell
Closed

30
7 Orange Feta Salad
Tropical Fruit
Wheat Roll
Margarine
Apple Juice
Italian Dressing 7

14 Strawberry Spinach
Cucumber Slices
Raisins
Fat Free Raspberry
Vinaigrette
4

21 Turkey Ranch Pasta
Cucumber Slices
Raisins
4

28 Southwest Salad
Fruit Cocktail
Wheat Bread
French dressing
5

1 Walnut Pear Salad
Carrot & Celery Sticks
Yogurt
Fat Free Raspberry
Vinaigrette
6

8 Power Salad
Raisins
Wheat Bread
Margarine
Ranch Dressing
5

15 Chicken Fruit Salad
Cherry Tomatoes
Wheat Bread
Margarine
Apricots
FF Ranch Dressing
4

22 Creamy Fruit Salad
Carrots and Celery Sticks
Sweet Bread
6

29 Chicken Spinach Salad
Pineapple
Three bean salad
Light Ranch
4

2 Crab Cobb Salad
Fruit Cocktail
Muffin
Margarine
Fat Free Ranch Dressing
5

9 BLT Club Salad
Applesauce
Dinner Roll
Cucumber Slices
French dressing
5

16 Taco Salad
Tortilla Chips
Fresh Apple
Taco Sauce
6

23 Chef Salad
Pears
Wheat Bread
FF Rasp Vinaigrette
Birthday Cake
6

30 Antipasti Salad
Cherry Tomatoes
Yogurt
Crackers
7

3 Caprese Salad
String Cheese
Rye Bread
Margarine
Fat Free Italian Dressing
4

10 Ambrosia Salad
Carrot & Celery Sticks
Muffin & Margarine
7

17 Loaded Spinach
Fresh Orange
Muffin
Fat Free French Dressing
4

24 Buffalo Chicken
Mandarin Oranges
Fat Free Ranch
5

31 Caramel Apple Salad
Carrots and Celery Sticks
Beets
Orange Juice
6

Menu

Includes Low Fat Milk

Meals Include 1/3 of the Recommended Daily Allowance (RDA)

Meals Subject to Change

Special Events

May 23: Birthday Party

May 27: AgeWell Closed Memorial Day



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